

W. C. T. U. Column.

Through the courtesy of the **REGISTER** this space is granted to the **W. C. T. U.** It is edited by **MARTHA J. FRANCIS**, Local Press Superintendent, as appointed by the State Organizer, **Mrs. L. LaMance**.

W. C. T. U. WATCHWORDS:
ORGANIZE! EDUCATE! AGITATE!

W. C. T. U. PRINCIPLES:
Total Abstinence; Prohibition of the Liquor Traffic; One Standard of Morals for Men and Women; Home Protection; Equal Suffrage; and the Teaching of Scientific Temperance in Public Schools.

As to Blood Purifiers.

Questions are being asked about dandelion wine which some **W. C. T. U.** members, as well as other good women, make every spring when the yellow blossoms are abundant.

The dandelion has been used for years as a remedy for torpid liver, and also dyspepsia associated with liver disorder. Made into wine by the usual recipes it will become strongly alcoholic, and whatever virtue the herb may possess will be weakened or destroyed by the irritating effect of the alcohol upon stomach and liver. The recipes usually call for a considerable quantity of sugar and in some cases for raisins, also. Directions are given for the length of time it is to "stand" before straining and bottling. With all that has been said and written about the fermentation of a sweet liquid producing alcohol there seem to be some who do not yet understand that if sugar is added to any decoction of herbs, or to any fruit juice, and it is allowed to "stand" a few days, the sugar will ferment and in the fermenting alcohol will be produced. When raisins are added, there will be still more alcohol as the result of the raisin fermentation.

If any woman believes that the bitter of dandelion is of benefit to her in the spring-time she can have the benefit without any injury from alcohol by simply boiling the leaves and roots and drinking the fresh infusion. Or, she can dig the roots and dry them and grind or pound them to powder and make a drink of them. This will not "taste" so good as the wine to one who has become fond of the flavor of alcohol, but it will be vastly better and safer for the health, and it is for health, not alcohol flavor, that good women make dandelion wine, according to their own profession.

Personally the writer does not believe that bitters of any kind should ever be taken on self-prescription. Multitudes of women who have ruined their stomachs by swallowing wormwood tea, horehound tea, and other miserable decoctions which they supposed were of benefit, especially in the spring-time.

If people would live properly through the winter, avoiding wines, pies, fried cakes, plum puddings, rich gravies and other indigestible foods, and have less fear of fresh air in their sleeping and living rooms, they would feel better in the spring than in the fall, for cold weather is invigorating and life-giving. There is no need of nasty-tasting, bitter dopes in the spring.

There seems to be a wide-spread idea that the blood needs purifying in the spring, and that this purification must be effected by swallowing nauseous doses of medicine. The greatest purifier of the blood is fresh air, for the oxygen of the air enters the lungs and burns up impurities which the blood has brought there from the different parts of the body. Walking, or otherwise exercising in the open air, so as to increase the breathing, and hence the intake of oxygen, will do more for health than any other possible measure. Oxygen is the great internal housecleaner.

The activity of the liver, bowels and kidneys may be increased by free drinking of hot water. Warm baths aid also in purifying the blood by increasing the activity of the skin so that more waste matter passes out through the pores than is possible when these are clogged.

Fruit juices are also very valuable in putting the blood into good condition. If the good women who waste sugar on dandelion juice would spend the money it costs for oranges, or apples, or grapejuice, they would be truly benefitted instead of being deceived by the nerve-deadening influence of the alcohol made by the rotting of the sugar.

Root beers made from herbs, with sugar added and allowed to "stand," produce alcohol in the same way as the dandelion wine.

All alcoholic home-made drinks are "starters" for the saloon if boys are in the family. Mothers, be careful not to put the least stumbling block in the path of your dear ones.—Union Signal.



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